

## *Be Confident*

Set goals for yourself

Reward yourself for each goal you achieve.

High confidence levels result in more positive feedback you'll receive from others, which will make you feel even better about yourself!

Remind yourself that you are an amazing person. Focus on all of your positive attributes.

## **Exercise often!**

Physical activity releases endorphins into your body which decreases appetite while reducing anxiety and stress levels!



**“Make the most of yourself, for that is all there is of you.”**

-Ralph Waldo Emerson

## *Get Started!*

**Visit this website for the Roger Williams group exercise class schedule!**

[http://www.rwu.edu/depository/athletics/group\\_schedule.pdf](http://www.rwu.edu/depository/athletics/group_schedule.pdf)

**Find the average body fat percentage for you!**

<http://www.weightlossforall.com/fat-percentage-ideal.htm>

**Calculate your body fat percentage!**

<http://www.bmi-calculator.net/body-fat-calculator/>



## **Get Help!**

**Visit the RWU Counseling Center! Make an appointment today!**

(401) 254-3124

# *Love Your Body*



*Health at Any Size*



Health Education Office  
Center for Student Development  
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## The Truth about Fat

Fat provides needed energy. It is difficult to eat the large amounts of food in a very low fat diet to get all the energy you need.

Fat is needed to prevent essential fatty acid deficiency.

Fat is needed so your body can absorb the fat soluble vitamins A, S, E, K, and prevent deficiencies of these vitamins.

Fat helps food to stay in the stomach longer, giving a greater sense of satisfaction and preventing hunger soon after meals.

### Not enough fat can cause...

- Dry, scaly skin
- Hair loss
- Cold intolerance
- Bruising
- Poor growth
- Lower resistance to infection
- Poor wound healing
- Loss of menstruation



Under eating causes a deficiency of energy, protein, vitamin A, iodine and iron, and it can lead to respiratory infections, kidney failure, blindness, heart attack and death.



## What Are Doctors Looking For?

### Cholesterol

- There are two types of cholesterol.
  - The “good” (HDL) is naturally occurring and makes up about 75 percent of what is found in your body.
  - The “bad” (LDL) makes up the other 25 percent and is found in animal products.
- Healthy levels of HDL help prevent LDL from getting lodged into your arteries and protects against heart attacks, strokes, and coronary heart disease.

### Blood pressure

- A normal blood pressure reading is 120/80
- What do those numbers mean?
  - The first number (Systolic Pressure) indicates the amount of strain put on the blood vessels.
  - The second number (Diastolic Pressure) measures the pressure on the walls between heartbeats.
- A high blood pressure can lead to coronary artery disease, heart failure, stroke, dementia, kidney failure and much more.
- Sex, race, and age are all hereditary factors connected to high blood pressure, but it can also be caused by poor exercise, alcohol, stress, smoking, and food habits.

## Healthy Living Tips

- Develop a shopping list and stick to it.
- Develop a regular eating schedule, including healthful foods.
- Use portion control when eating.
- Eat slowly.
- Stop as soon as you feel full.



Adults ages 18 and up need at least 150 minutes of moderate activity each week along with 2 days of muscle-strengthening activities.

#### Moderate Intensity Activities

- Walking at a brisk pace
- Riding a bike
- Taking the stairs, not the elevator
- Water aerobics

#### Muscle Strengthening Activities

- Lifting weights
- Yoga, Pilates, Zumba and Spin Classes